

# Grow Happy Families

**Suggested Month:** November 2012

**Nutrition Education Tip:** Choose vegetables rich in color.

**Pick-WIC Paper Recipe Theme:** Colorful vegetable recipes

**Suggested Nutrition Education Cards:**

Easy Ways to Eat More Fruits & Veggies (CND-13)

Fruit and Vegetable Bargains (NDSU Extension Service)

1 Great Plate for Preschoolers

Steps to a Healthy Plate

**Additional Resources:**

University of Wisconsin Extension [Bulletin Board Idea](#) Featuring Easy Roasted Veggies

[USDA MyPlate](#), MyPlate 10 Tips Nutrition Education Series, [Add More Vegetables to Your Day](#),  
[Smart Shopping for Veggies and Fruit](#), [Liven Up Your Meals with Vegetables and Fruits](#)

[Produce for Better Health](#)

[CDC - Fruits & Vegetables Matter](#)

[NDSU Extension Service MyPlate Materials](#)

[Kansas State Family Nutrition Program MyPlate Materials](#)

[Say Yes to Fruits and Vegetables](#)

[WIC Works Resource System – Monthly Events](#)

[WIC Works Resource System – Food and Fun for Families](#)

[WIC Works Resource System – Topics A-Z](#)

[WIC Works Resource Center – Bulletin Board Exchange](#)

[USDA, SNAP-Ed Connection, nutrition education materials](#)  
[Recipe Finder](#) , [Nutrition Through the Seasons](#)

[NDSU Extension Service – Food Wi\\$e](#)

[NDSU Extension Service, Food and Nutrition](#)

[University of Nebraska-Lincoln, Food: Nutrition, Safety, Cooking](#)

[Eat Right Montana Website](#)

# Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

November 2012

## Easy Roasted Veggies Pumpkin Granola Bars Baked Sweet Potatoes Impossible Pumpkin Pie Red and Green Salad

### Pumpkin Granola Bars

3¼ cups old fashioned oats  
½ teaspoon pumpkin pie spice  
½ teaspoon cinnamon  
¼ teaspoon nutmeg  
½ teaspoon salt  
¾ cup brown sugar  
½ cup canned pumpkin  
¼ cup unsweetened applesauce  
¼ cup honey  
1 teaspoon vanilla extract  
1 cup chocolate chips



1. Heat oven to 350 degrees. Spray an 8x8-inch baking pan with cooking spray and set aside.
2. In a large bowl, mix oats, spices and salt together. Set aside.
3. In a medium bowl, mix brown sugar, pumpkin, applesauce, honey and vanilla extract until smooth. Pour over oats and stir well, until all of the oats are moistened. Stir in chocolate chips.
4. Evenly press oat mixture into prepared pan. Bake for 35 to 40 minutes, or until golden brown.
5. Remove from oven and let cool completely. Using a sharp knife, cut into bars.

**Nutrition Note:** This recipe makes 12 bars. Each serving has 230 calories, 6 grams of fat and 44 grams of carbohydrates.

### Easy Roasted Veggies

5 cups assorted vegetable pieces, cut in chunks (potatoes, sweet potatoes, winter squash, turnips, carrots, onions, mushrooms)  
1 tablespoon oil  
2 teaspoons dried Italian seasoning  
¼ teaspoon black pepper  
½ teaspoon salt

1. Heat oven to 425 degrees.
2. Line a 9x13-inch pan with aluminum foil.
3. Spread the vegetables in the pan. Sprinkle oil on vegetables; stir. Sprinkle with Italian seasoning, pepper and salt. Stir.
4. Bake uncovered for 45 minutes. Turn every 15 minutes.

Recipe Source: <http://www.extension.iastate.edu/foodsavings>

**Nutrition Note:** This recipe makes 5 servings. Each serving has 90 calories, 3 grams of fat and 16 grams of carbohydrates.

### Breastfeeding: Why breastfeed?



*“I chose to breastfeed because of the convenience of not having to make bottles. I breastfed all four of my children. I firmly believe that the children have been all healthy, no tooth decay, no ear infection and improved brain development due to breastfeeding. I encourage all mothers to breastfeed.”*

~ Renee, WIC Breastfeeding Mom from Dunseith, N.D.

For more information about breastfeeding, check out our breastfeeding website at [www.ndhealth.gov/breastfeeding](http://www.ndhealth.gov/breastfeeding).

### Cut Back on Your Kid's Sweet Treats

If kids don't eat their meal, they don't need sweet "extras." Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.

Source: [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)

### Baked Sweet Potatoes

1. Heat oven to 425 degrees.
2. Scrub sweet potatoes thoroughly with a brush, then pat dry.
3. Prick each potato with a fork.
4. Place in a baking pan. (There may be some dripping when the potatoes are baking, so this will keep the oven clean.)
5. Bake for about 60 minutes or until tender. (If time is a factor, microwave for 5 minutes, then put in the oven.)
6. Serve with butter, brown sugar or cinnamon and sugar.

## Impossible Pumpkin Pie

¾ cup white sugar  
½ cup Bisquick®-type baking mix  
1½ tablespoons margarine  
1 can (12 ounces) evaporated skim milk  
2 eggs  
1 can (15 ounces) pumpkin  
2½ teaspoons pumpkin pie spice  
¾ tablespoon vanilla

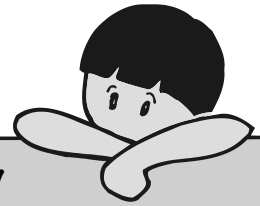
1. Heat oven to 350 degrees.
2. Coat a 9x13-inch pan with nonstick cooking spray.
3. Place all ingredients in a blender or bowl. Blend or mix until well blended.
4. Pour batter into pan.
5. Bake for 40 minutes, or until knife comes out clean when inserted into dessert.

**Nutrition Note:** This recipe makes 12 servings. Each serving has 160 calories, 4.5 grams of fat and 23 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the  
Special Supplemental Nutrition Program for  
Women, Infants and Children  
North Dakota Department of Health  
Division of Nutrition and Physical Activity

600 E. Boulevard Avenue., Dept. 301 - Bismarck, N.D. 58505-0200  
800.472.2286, option 1



## Turn Off the TV

Turn off the TV, turn on some music, and let your child dance. Go through these movements together, then combine two or three of them: twist, stretch hands over head, hop, clap hands, bend knees, squat all the way to the floor, lift one foot at a time, and shake arms, legs and head.

Source: Minnesota WIC Program

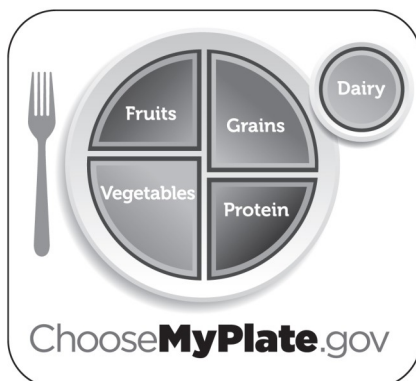
## Red and Green Salad

6 cups romaine lettuce (1 bag of heads or 2 bags torn)  
1 cup dried cranberries  
2 cups cut-up fruit (apples, pears, strawberries, or whatever your family likes)  
4 ounces crumbled feta cheese  
1 bottle (15-16 ounces) light poppy seed dressing

1. In a large bowl, toss the lettuce, cranberries, fruit and cheese.
2. Add dressing and mix. (The amount of dressing used depends on how much lettuce is used.)

**Nutrition Note:** This recipe makes 9 servings. Each serving has 190 calories, 11 grams of fat and 22 grams of carbohydrates.

## GROWING HAPPY FAMILIES



## Choose vegetables rich in color

Brighten your plate with vegetables that are red, orange or dark green. They are full of cancer-fighting nutrients. Try squash, cherry tomatoes, sweet potatoes or spinach.